

# Heart-Mind-Body

## Wellbeing Programme

### Young People aged 12-15 & 16-24 Years

This is a new exciting eight week heart-mind-body programme grant funded by the Glasgow City Health and Social Care Partnership.

The course utilises science-proven biofeedback technology using a HRV sensor and mobile app. Young people will have a unique opportunity to train their mind and understand the quality of communication between the heart, mind, brain and body which directly impacts how they think, feel and behave for improved calm, self-esteem, awareness, confidence and resilience.



The course is delivered over eight weeks and focuses on empowering young people by observing how their emotional states are affecting their nervous system. The training will help them develop their ability to improve emotional and behavioural regulation, reduce anxiety, stress and overwhelm and increase overall health and wellbeing.



This programme will take place at The Wellbeing Centre in Muirend on Monday evenings from 30th January - 27th March 2023. It will be delivered in age groups 12-15 years and 16-24 years for free to Glasgow residents.

Digital technology and appropriate travel costs will also be provided for those who require additional support to access the eight week programme.



To refer or register a young person please complete the online form:  
[www.cultivatingmindfulness.org.uk/wellbeing-support](http://www.cultivatingmindfulness.org.uk/wellbeing-support)